

C. Amendment to the Abstract

An apparatus and method for sliding exercise and recreation[[.]] ,~~such as a sports board,~~
~~including The apparatus includes at least one piece of~~ stick-on sheeting having an adhesive
outer layer adhered to a substrate such as the underside of a sport board, and an opposed layer
consisting of a low-friction, durable material adapted for engaging in sliding contact with the
low-friction surface of area sheeting superposed on a support structure.